**MyPyramid**

Name:

Period:

Date:

**Food Diary Evaluation**

Nutrition & Wellness Assessment

1. Log on to <http://www.mypyramid.gov/>. On the left menu under Subjects, select Menu Planner and enter the following information. Also, place your information below on the spaces provided.
   1. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Age: \_\_\_\_\_\_\_
   3. Sex: \_\_\_\_\_\_\_
   4. Weight: \_\_\_\_\_\_\_
   5. Height: \_\_\_\_\_\_\_
   6. Physical Activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      * Then, click the Submit tab.
2. Enter the following daily values provided:
   1. Your daily calorie goals? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Extra Calories \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Grains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_oz.
   4. Vegetables \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cups
   5. Fruits \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cups
   6. Milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cups
   7. Meat & Beans \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_oz.
3. Using your **Food Diary**, enter your personal food information for each meal beginning with day one. Record the results for daily calories and food groups.

(*If you do not have a food diary, enter what you would typically eat for each meal.)*

**Day 1**

* Total Calories \_\_\_\_\_\_\_\_\_\_ Daily Calories Goals \_\_\_\_\_\_\_\_\_\_
  + Difference in calories +/- \_\_\_\_\_\_\_\_\_\_ calories
* Total Extra Calories \_\_\_\_\_\_\_\_\_\_ Daily Extra Calorie Max \_\_\_\_\_\_\_\_\_\_
  + Difference in Extra Calories +/- \_\_\_\_\_\_\_\_\_\_
* Total Grains \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Grains \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.
* Total Veggies \_\_\_\_\_\_\_\_\_\_ cups Daily Value Veggies \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Fruits \_\_\_\_\_\_\_\_\_\_ cups Daily Value Fruits \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Milk \_\_\_\_\_\_\_\_\_\_ cups Daily Value Milk \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.

**Day 2**

* Total Calories \_\_\_\_\_\_\_\_\_\_ Daily Calories Goals \_\_\_\_\_\_\_\_\_\_
  + Difference in calories +/- \_\_\_\_\_\_\_\_\_\_ calories
* Total Extra Calories \_\_\_\_\_\_\_\_\_\_ Daily Extra Calorie Max \_\_\_\_\_\_\_\_\_\_
  + Difference in Extra Calories +/- \_\_\_\_\_\_\_\_\_\_
* Total Grains \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Grains \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.
* Total Veggies \_\_\_\_\_\_\_\_\_\_ cups Daily Value Veggies \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Fruits \_\_\_\_\_\_\_\_\_\_ cups Daily Value Fruits \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Milk \_\_\_\_\_\_\_\_\_\_ cups Daily Value Milk \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.

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**Day 3**

* Total Calories \_\_\_\_\_\_\_\_\_\_ Daily Calories Goals \_\_\_\_\_\_\_\_\_\_
  + Difference in calories +/- \_\_\_\_\_\_\_\_\_\_ calories
* Total Extra Calories \_\_\_\_\_\_\_\_\_\_ Daily Extra Calorie Max \_\_\_\_\_\_\_\_\_\_
  + Difference in Extra Calories +/- \_\_\_\_\_\_\_\_\_\_
* Total Grains \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Grains \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.
* Total Veggies \_\_\_\_\_\_\_\_\_\_ cups Daily Value Veggies \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Fruits \_\_\_\_\_\_\_\_\_\_ cups Daily Value Fruits \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Milk \_\_\_\_\_\_\_\_\_\_ cups Daily Value Milk \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.

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**Day 4**

* Total Calories \_\_\_\_\_\_\_\_\_\_ Daily Calories Goals \_\_\_\_\_\_\_\_\_\_
  + Difference in calories +/- \_\_\_\_\_\_\_\_\_\_ calories
* Total Extra Calories \_\_\_\_\_\_\_\_\_\_ Daily Extra Calorie Max \_\_\_\_\_\_\_\_\_\_
  + Difference in Extra Calories +/- \_\_\_\_\_\_\_\_\_\_
* Total Grains \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Grains \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.
* Total Veggies \_\_\_\_\_\_\_\_\_\_ cups Daily Value Veggies \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Fruits \_\_\_\_\_\_\_\_\_\_ cups Daily Value Fruits \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Milk \_\_\_\_\_\_\_\_\_\_ cups Daily Value Milk \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Day 5**

* Total Calories \_\_\_\_\_\_\_\_\_\_ Daily Calories Goals \_\_\_\_\_\_\_\_\_\_
  + Difference in calories +/- \_\_\_\_\_\_\_\_\_\_ calories
* Total Extra Calories \_\_\_\_\_\_\_\_\_\_ Daily Extra Calorie Max \_\_\_\_\_\_\_\_\_\_
  + Difference in Extra Calories +/- \_\_\_\_\_\_\_\_\_\_
* Total Grains \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Grains \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.
* Total Veggies \_\_\_\_\_\_\_\_\_\_ cups Daily Value Veggies \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Fruits \_\_\_\_\_\_\_\_\_\_ cups Daily Value Fruits \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Milk \_\_\_\_\_\_\_\_\_\_ cups Daily Value Milk \_\_\_\_\_\_\_\_\_\_ cups
  + Difference in cups +/- \_\_\_\_\_\_\_\_\_\_ cups
* Total Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz. Daily Value Meat/Bean \_\_\_\_\_\_\_\_\_\_ oz.
  + Difference in oz. +/- \_\_\_\_\_\_\_\_\_\_ oz.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Now you have evaluated your food intake for each day. Let’s see how your numbers stand up for the week. Using the numbers in the daily **Differences** for Calories and each food item, combine your overages/shortages on the Weekly chart.

**Weekly**

* Calories +/- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Grains +/- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Veggies +/- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Fruits +/- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Milk +/- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Meat/Bean +/- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Using the following lines, describe how you feel about your current eating habits, if there are any changes you would like to make and how you will go about making these behavior modification.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Eat well, be active & feel well! Chef Logan cares……